

Trail Talk

Conasauga Ranger District

August - September 2011



Presenting Your 2011 Volunteer of the Year And Top Guns



**Jim Leatherwood, Jim Bishop, Tannis Blackwell,
Wanda Brown, Troy Brown, Amos Burrell**



Wanda Brown

Congratulations Team Conasauga volunteers for another outstanding year! As we draw an end to Fiscal Year 2011, we are proud to report that 234 volunteers contributed 6,941.5 hours to the Conasauga Ranger District. Thank you for your hard work, your attention to safety, and your dedication to making the national forest a better place for all to enjoy.

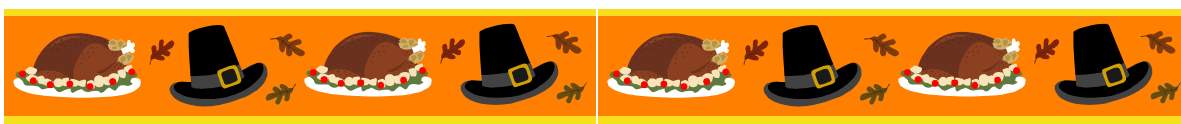


August 2011 - Starting things off, **Joe Gudger** performed trail maintenance on Old County Line Trail, a new official trail of the FS system...early in the month, six members of BCHNG, **Melinda Towe, Junior Kyle, Kathleen Corcoran, Hanley Rose, Carlos Martel and Carol Martel**, came out to Jacks River Fields CG to accomplish some mowing, general cleanup, and trail maintenance of

South Fork Trail...The infamous duo of **Troy and Wanda Brown** took a trip to Hickory Ridge Trail to crosscut saw the blow downs from the shortcut down to the river, then went back a few days later to finish that portion they started...a phenomenal job by SORBA member, **Rick Moon**, who worked the Pinhoti Trail on six different occasions this month to remove blow downs from the trail in preparation for the 1st annual Georgia Jewel race...**Carlos and Carol Martel** of BCHNG attended training at Coopers Creek for trail work certifications...members of BCHNWG, **Larry Wheat, Kimi Gregg, and Anna Scoggins**, with their horses, continue to do much needed work on the Dry Creek trail system, such as blow down removal and cutting back vegetation from the trails...**Wanda Brown** does a fantastic job in her free time with the upkeep of the all-important volunteer database for the USFS...our trusty handyman and volunteer, **Fred Pilcher**, pitches in on the west side of the district mowing and weed eating at Pilcher Pond and Keown Falls, and cutting hanging limbs from our forest service roads...dedicated trail workers, **Troy and Wanda Brown**, went back to Hickory Ridge Trail to completely finish the removal of blow downs on the entire trail...more hard work this month from several of the BCHNG volunteers, **Melinda Towe, Junior Kyle, Carlos Martel, Carol Martel, and Chuck Panter** who maintain the Jacks River Fields CG in tip-top shape mowing the grounds and keeping them litter free, as well as painting and re-installing the campsite posts...three SORBA members, **Matt Smith, Phillip White, and Marcus Moore**, also helped out in sawing blow downs on different sections of the Pinhoti Trail before the Georgia Jewel race...**Molly Herlong, Dave Caldwell, Kimi Gregg, and Anna Scoggins** of BCHNWG gave of their time and energy for some trail work on both the Pinhoti and Dry Creek Trails...our campground hosts for the 2011 recreation season, **Tim Woody** at Lake Conasauga and **Glenn Kirkland** at The Pocket kept things running smoothly providing much needed support for the District...Working Weekend #61 brought out a great group of trail volunteers to tackle the arduous trails of Tearbritches and Chestnut Lead sling blading the vegetation encroaching alongside the trail...those hearty people who gave their tireless efforts were **Jennifer Allen, Susan Boyle, Troy Brown, Wanda Brown, Amos Burrell, David Cohen, John Franetic, Jim Leatherwood, Tom Blackwell, Tannis Blackwell, and Nicole Warren-Miller**...the duo of **Carlos and Carol Martel** attended a bidders conference for the South Fork Trail work and later in the day picked up litter in the Jacks River Fields CG and did some trimming on the South Fork and Pinhoti Trails...**Jim Holland and Carlos Martel** struck out a couple of times together to saw and remove hazardous tree branches overhanging FS roads in the Dally Gap and Watson Gap areas, as well removing blow downs with a crosscut saw on the Penitentiary Branch Trail...the ever active BCHNG members who participated in one or both of the GPS training session or the GPS field work were **Kathleen Corcoran, Martha Fillingham, Jim McGarvey, Carlos Martel, Carol Martel, Hanley Rose, and Tommy Burke**...a very vigorous month of volunteer activity netted a whopping **922.75 hours!!!** A special thanks to all our volunteer organizations this month for stepping up and giving to the cause!!!

Sept 2011 —our mountain biking partners from SORBA had a busy month volunteering their time on Forest Service trails...to start things off, **Bill Semsrott and Conrad Fernandez** worked in the Pilchers Pond area to remove downed trees...BCHNG members, **Melinda Towe and Junior Kyle**, were back at it in Jacks River Fields making the campground all spiffy by mowing grass,

picking up garbage and cleaning bathrooms...other members of SORBA, **Mitchell Hayes and Rick Moon**, tackled some trail maintenance and tree removal on the Pinhoti Trail sections of Snake Creek Gap, Dug Mtn., and Hurricane Mtn. in anticipation of the GA Jewel foot race...our west side volunteer, **Fred Pilcher**, helped out for a few days this month picking up trash at Pilcher Pond, Dry Creek and Manning Mill areas, as well as using a leaf blower to make things look nice at The Pocket picnic shelter area...**Kimi Gregg and Anna Scoggins** worked together on some trail maintenance needs in the Dry Creek trail system...SORBA member **Rick Moon** teamed up with other members from SORBA, **Phillip White and Steve Harold**, on Horn Mtn. and Johns Mtn. sections of the Pinhoti Trail respectively to saw blow downs across the trail...**Tom and Tannis Blackwell** went on their annual outing to the Hemp Top Trail to sling blade the considerable amount of weeds that grow alongside the trail...the SORBA foursome of **Conrad Fernandez, Matt Smith, Phillip White and Rick Moon** got together on the Mill Creek Mtn. section of the Pinhoti Trail to chainsaw the blow downs for the upcoming GA Jewel race...BCHNG member, **Debbie Crowe**, received some instruction and training by attending the Aska Trail Planning seminar...two members of SORBA, **Mitchell Hayes and Marcus Moore** separately performed trail clearing on sections of the Pinhoti Trail from Stover Creek to Snake Creek Gap and the Dry Creek area ...**Rick Moon** again teamed up with other members of SORBA, **Steve Harold and Forest Jaquith**, separately on Taylors Ridge and Swamp Creek sections of the Pinhoti Trail to accomplish much needed blow down removal for the foot race...September's volunteer workday saw a tremendous turnout of support to finish up the sling blading and trimming on the Sumac Creek Trail and those who took part were **Jim Bishop, Tannis Blackwell, Tom Blackwell, Susan Boyle, Troy Brown, Wanda Brown, Amos Burrell, John Franetic, Wayne Horton, Jim Leatherwood, Matt Lloyd, Taylor Slate, David Tanner, Mike Tedder, Nicole Warren-Miller, Gail Milner and Charlie Crider**...**Rick Moon** struck out on his own to cut blow downs on the England Springs portion of the Pinhoti...Lake Conasauga CG host, **Tim Woody**, and The Pocket CG host, **Glenn Kirkland**, provide great usefulness to the Forest Service by keeping an ever- watchful eye on how things are running on a day-to-day basis at these popular campgrounds...EMBA members, **Jeremy Simpson and Todd Lyons** went out to the popular mountain biking trail, Bear Creek, to cut away and remove several blow downs that hampered the bikers' path...seven of our volunteers, **Bill Hester, Debbie Hester, Jim Leatherwood, Amos Burrell, Larry Wheat, Thomas Puett, and George Owen**, showed up at the District office to keep their First Aid and CPR certifications up-to-date by partaking in a training session...BCHNG volunteers, **Martha Fillingham, Debbie Kraemer and Dawn Anderson** spent a few hours at Jacks River Fields to help clean and maintain the campground for our guests...after the GA Jewel race had concluded, SORBA members **Gennie Dasinger, Bill Semsrott, Conrad Fernandez, Matt Smith, Andrew Richmond, Rick Moon and Phillip White** worked several sections of the Pinhoti Trail to perform trail maintenance such as cleaning up any flagging or trash that was left behind...**Larry Wheat** of BCHNWG spent part of a day with FS employee Ed Lang to install more carsonite posts at trail intersections on the Dry Creek trail system, and sawed up a few blow downs... **Wanda Brown** went out on her own to recon the section of the Pinhoti Trail at Fort Mtn. for any trail maintenance needs...finally, SORBA wrapped up the month with **Rick Moon and Steve Harold** performing more trail cleanup in the wake of the GA Jewel race...an amazing effort this month from our volunteers resulted in **639.25 hours!!!** To wrap up this outstanding volunteer year, it goes without saying that "Our Volunteers Are Our Greatest Natural Resource!"



*"In any walk into nature
One always receives more than he seeks"
John Mair*



Foods that Fight Fatigue...

Whether a late night, early morning, or intense workout has hijacked your energy, the forecast for the rest of the day is bleak: serious yawning followed by a search for a suitable alternative to the nap you're craving. Instead of reaching for a sugary snack to help you stay awake during your morning meeting or power through an afternoon slump, try this stay-awake strategy: snack on perfectly portable, fatigue-fighting foods.

Pumpkin Seeds

The fatigue-fighter: Magnesium

If your 30-minute workout leaves you feeling like you just climbed Mt. Everest, you might be low on magnesium. When researchers at the U.S. Agricultural Research Service restricted intake of the mineral among 13 women ages 47 to 75 for 4 months, they found that those with magnesium deficiencies required more oxygen uptake during physical activity, used more energy, and therefore tired more easily. Snack on ¼ cup of pumpkin seeds and you'll take care of about half of your recommended daily allowance.

Whole Grains

The fatigue-fighter: Complex carbohydrates

They might be a diet taboo, but carbs are essential to boosting energy. To stay out of a slump, pick complex carbohydrates such as whole grain crackers or a bowl of oatmeal over refined carbs, like foods made from white flour. The body digests and releases complex carbs slowly, keeping your blood sugar (and your mood) stable. Simple sugars, like those found in sweets and processed foods, on the other hand, provide a quick burst of energy, but cause your blood sugar to plummet just as quickly as it spiked.

Watermelon

The fatigue-fighter: Water

If you're feeling fatigued on a hot day or after a sweaty workout, the cause may be as simple as dehydration, and the fix as easy as enjoying a delicious slice of summer fruit. In a recent study of athletes, 92% reported feeling fatigued when they limited water-rich foods and fluids for 15 hours. They also reported memory lapses and difficulty concentrating. If you can't glug one more ounce of H₂O, opt for leafy greens or melons.

Red Bell Pepper

The fatigue-fighter: Vitamin C

Vitamin C is more than a cold fighter—the antioxidant also helps reduce oxidative stress, the result of too many free radicals in the body, a contributor to chronic fatigue syndrome. In a small study of 44 adults, those who received 6 grams of vitamin C every day for 2 weeks felt less fatigued. Study participants also had lower levels of the stress hormone cortisol. To get your C fix, enjoy 1 cup of sliced red bell pepper for only 29 calories and you'll squeeze in almost 200% of your daily recommended vitamin C – that's more than the amount in an entire orange.

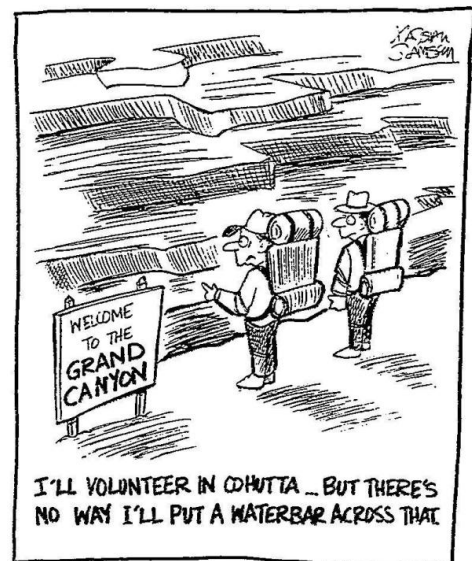
(Source: MSN Health and Fitness, www.fitbie.msn.com)



Happy New Year! Fiscal Year, that is...

Thanks to all for being safety conscious this past year. It is a major accomplishment for this many people to stay virtually accident free, doing the work we do, in this type of environment. Let's refresh our memories with a few simple common sense guidelines that can prevent a lot of grief.

- ✓ Treat all tools with respect
- ✓ Always wear your PPE (personal protective equipment) for the job at hand
- ✓ Work a safe distance from your trail partner(s)
- ✓ Transport tools in a safe manner to avoid an accident if you fall
- ✓ Be careful when lifting objects
- ✓ Pace yourself
- ✓ Watch where you step, sit and/or place your hands (Snakes Alive!)
- ✓ Respect stinging insects...particularly yellow jackets
- ✓ Take your time crossing stream fords
- ✓ Keep a weather eye...Conasauga weather can and does change drastically
- ✓ Is your first aid/survival kit up-to-date?
- ✓ Above all, use good judgment, common sense, and **THINK SAFETY FIRST!**



I'LL VOLUNTEER IN OHUTTA ... BUT THERE'S NO WAY I'LL PUT A WATERBAR ACROSS THAT

What is the Recreation Trails Collaborative Management Project?

The USDA Forest Service started a collaborative process with the public to develop a strategy to better manage the trails in the Chattahoochee and Oconee National Forests. The main goal of this effort is to provide a diverse, quality trail system that is maintainable and ecologically sustainable.

Phase 1 was an information gathering effort that took place in early 2011. Beginning February 15, 2011, a series of five public meetings were held to introduce the process and listen to meeting participants. Generally, the public comments from the initial five meetings fell into four areas:

-Communications: more information, more ways to collaborate, improvements to Forest Service web site and trail signage.

-Resources: more trails, better trail design, more single-use trails.

-Volunteers: recruit, orient, and train more volunteers for all types of assistance to the forest, organize and share information about their work and schedules, and retention of volunteers.-

Education: get more information out to the public about safety, etiquette, and proper trail use, conduct training for specific types of forest skills such as trail-building.

Phase 1 was completed and **Phase 2 began with the first planning and organizing meeting on April 30, 2011.** Three principles were initially drafted to guide the process. These principles were reviewed and revised by participants of the collaboration at the public meeting of July 12, 2011. The approved principles are:

1. A diverse, quality trail system meets expectations of a range of users, is safe within those expectations, has a variety of terrain and routes, and is located in a natural setting. The trails include appropriate infrastructure that provides users access to a range of opportunities.
2. A maintainable trail system has the long-term commitment from the public, volunteers and the Agency. Resources, including financial and volunteer, are available to provide trail system management while protecting the natural and cultural resources.
3. An ecologically sustainable trail is maintained so negative impacts to natural resources are minimized to acceptable limits. Any new trails or reroutes will need to be properly designed and constructed.

Phase 2 consisted of a series of meetings to plan and organize the work that needs to be done and the people, materials, and supplies to do it. The participants divided into four working groups to begin developing action plans and identify possible solutions to the topics the public identified. The four groups focused on communication, resource management, volunteer management, and public education. The four groups worked through the summer of 2011 and presented their final Action Plans at a Collaborative Trails Initiative meeting at the CONF Forest Supervisor's Office in Gainesville on August 16, 2011. The Action Plans developed by the

Communications, Education, Resources and Volunteer Coordination Working Groups are posted on the CoTrails website at www.CoTrails.org.

A proposal was made by the August 16 meeting participants that the four Action Plans be integrated into a comprehensive CoTrails Strategic Plan to serve as a road map for implementation of the suggestions and recommendations made to date in this process. A draft CoTrails Strategic Plan can be viewed by going to the Recreation Trails Collaborative website, CoTrails.org.



MARK YOUR CALENDARS...

- **November 18 – 19**
Working Weekend #62. Dry Creek Trail System – Trimming. Equestrians, mountain bikers and hikers needed. Car camp location TBA.
- **December. No workdays planned in this month**
- **January 21**
Hickory Ridge Trail – water bar/dip maintenance. Equestrians needed
- **February 17 – 18**
Working Weekend #63. Horseshoe Bend/lower East Cowpen – water bar/dip maintenance. Equestrians needed. Car camp at Cottonwood Patch Campground.
- **March 17.**
Penitentiary Branch Trail - water bar/dip maintenance. Equestrians needed
- **April 14. TBA**

If you are interested, please contact Ed at 706-695-6736 x118 or email elang@fs.fed.us

Note: In addition to these scheduled workdays, we are trying to find some volunteers who are interested in working independently or with a small group to tackle smaller projects such as these: complete trimming of lower Panther Creek Trail, complete trimming of lower Hickory Ridge Trail, remove (3) blow downs from Horseshoe Bend Trail.

